CLAIMS

- 1. A skin beautifier containing a sphingomyelin as an effective ingredient.
- 2. The skin beautifier according to claim 1, wherein the sphingomyelin is derived from cow milk.
- 3. A skin-beautifying food or feed comprising a sphingomyelin.
- 4. The skin-beautifying food or feed according to claim
- 3, wherein the sphingomyelin is derived from cow milk.